

II. Nutrition

3. Food Package

2.3.020 Guidelines for Issuance of Food Package I & II to Infants

Authority 2007 7 CFR 246.10(c)(1, 2), FNS Instr 804, Federal Register/Vol. 79, No. 42/Tuesday, March 4, 2014

Issued 1/81

Revised 8/15

POLICY: Food Package I & II shall be issued to infants from birth through 11 months of age who do not have a condition qualifying them to receive Food Package III. Three feeding options will be provided, which include fully breastfeeding, mostly breastfeeding or fully formula feeding. Infants who are partially breastfeeding and receive formula in amounts greater than the maximum allowance for the mostly breastfeeding food package (some breastfeeding) will receive the fully formula feeding food package. See chart below for the feeding descriptions and corresponding food package for mom. The mostly breastfeeding and fully formula feeding options will include the issuance of contract brand iron-fortified infant formula that is not an exempt infant formula. At six (6) months of age, infant cereal and infant fruits and vegetables shall be issued to all three feeding options and infant meats shall be issued to the fully breastfeeding option. WIC staff may tailor the amount of formula and food to reflect the individual needs of the infant, but formula will not be routinely provided to breastfeeding infants during the first month after birth in order to facilitate successful breastfeeding.

Feeding Descriptions	Food Packages
Fully breastfeeding	Food Package VII Fully breastfeeding (1 year postpartum)
Mostly breastfeeding	Food Package V Pregnant Food Package (1 year postpartum)
Some breastfeeding	Food Package VI Fully formula feeding (6 months postpartum)
Fully formula feeding	

See chart on the following page for maximum allowances of formula and food for food package I & II.

Maximum Monthly Allowances of Supplemental Foods For Infants In Food Packages I & II						
	Fully Breastfeeding		Mostly Breastfeeding		Fully Formula Feeding (includes some breastfeeding)	
Foods	Food Pkg. I 0-5 months	Food Pkg. II 6-11 months	Food Pkg. I A: 0 to 1 month B: 1-3 months C: 4-5 months	Food Pkg. II 6-11 months	Food Pkg. I A: 0-3 months B: 4-5 months	Food Pkg. II 6-11 months
WIC Formula			A: no formula provided B: 388 MMA* fl. oz. reconstituted liquid concentrate or 384 fl. oz. RTU or 435 fl. oz. reconstituted powder C: 460 MMA* fl. oz. reconstituted liquid concentrate or 474 fl. oz. RTU or 522 fl. oz. reconstituted powder	315 MMA* fl. oz. reconstituted liquid concentrate or 338 fl. oz. RTU or 384 fl. oz. reconstituted powder	A: 823 MMA* fl. oz. reconstituted liquid concentrate or 832 fl. oz. RTU or 870 fl. oz. reconstituted powder B: 896 MMA* fl. oz. reconstituted liquid concentrate or 913 fl. oz. RTU or 960 fl. oz. reconstituted powder	630 MMA* fl. oz. reconstituted liquid concentrate Or 643 fl. oz. RTU or 696 fl. oz. reconstituted powder
Infant cereal		24 oz.		24 oz.		24 oz.
Infant fruits & vegetables		64- 4 oz. containers		32- 4 oz. containers		32- 4 oz. containers
Infant meat		31- 2.5 oz. containers				

MMA* = Maximum Monthly Allowance

PROCEDURES:

A. Supporting long-term exclusive breastfeeding

1. All WIC staff have the responsibility to promote and support long-term exclusive breastfeeding.
2. All prenatal women shall be counseled on the benefits of exclusive breastfeeding and the added food benefits they will receive. The mother shall be informed that the amount of breastfeeding she does determines what food benefits she will receive.
3. No formula should routinely be provided to a breastfeeding infant the first month after birth in order for the mother to establish her milk supply (see section D. Food Package Tailoring).
4. After the infant turns one month of age, formula shall be issued only when the mother requests it and can only be provided after the CPA completes a breastfeeding assessment and counsels the mother appropriately.
5. When formula is issued to breastfeeding infants, the CPA shall provide the

minimum amount needed while offering counseling and support, in order to help the mother establish a successful milk supply.

B. Issuance of formula

1. Issue iron-fortified, milk or soy-based formula in the powder or concentrated form until the infant turns one year of age.
2. Powder infant formula is recommended until the some and mostly breastfed infant reaches four months of age due to its longer shelf life and to minimize waste. If the breastfed infant is supplemented with more than 13 ounces per day, liquid concentrate may be issued. Refer to the Food and Formula Reference Guide for guidelines for issuing supplemental formula to breastfed infants.
3. Ready-to-use (feed) formula should be used only in circumstances where it is essential, such as those described below:
 - a. There is an unsanitary, unsafe or restricted water supply.
 - i. Water used for formula preparation which is contaminated with toxic substances (such as nitrate at concentration above 10 milligrams/liter, lead, or pesticides), poses a hazard to an infant's health and should not be used. Required documentation is one of the following:
 - a.) A water sample analysis obtained at participant's expense.
 - b.) Government ruling/emergency order (municipal, state, EPA). For emergency orders issue ready-to-use (feed) only until the emergency ends.
 - ii. A one-month supply (as defined on the WIC food instrument) of ready-to-use (feed) may be issued while the result of the water analysis is pending.
 - b. The participant's household has poor refrigeration facilities. This would apply to single feeding packaging of ready-to-use (feed) formula when powder formula is not an option.
 - c. The person caring for an infant may have difficulty in correctly diluting the concentrated liquid formula or reconstituting powder formula.
 - d. Refer to [ER# 2.07000](#) for additional circumstances that ready-to-use (feed) formula may be issued for participants under Food Package III.
4. When providing ready-to-use (feed) infant formula to the breastfed infant assess daily usage and provide the appropriate size container to reduce waste.
5. Issue exempt (special) formulas in accordance with [ER# 2.07000](#).
6. The CPA shall instruct the guardian to follow manufacturer instructions for mixing and storing formula.

C. Issuance of complimentary foods

1. At six (6) months of age up to 24 ounces of iron-fortified dry infant cereal may be

issued. Encourage the use of rice, barley, and oatmeal cereals first. Mixed and high protein cereals should be used in the later months of the first year of life.

2. At 6 months of age commercial infant food may be issued:
 - a. Fully breastfeeding infants may be issued up to 64 - 4 ounce jars of fruits and vegetables and 31- 2.5 ounce jars of infant meats.
 - b. Some and mostly breastfeeding and fully formula feeding infants may be issued up to 32 - 4 ounce jars of infant fruits and vegetables.
3. At 9 – 11 months of age, a Cash Value Benefit (CVB) for fresh fruits and vegetables may be issued in lieu of a portion of the infant food fruits and vegetables.
 - a. A thorough assessment by a CPA shall be done to determine if the 9 – 11 month infant is developmentally ready for the increased texture and consistency that can be provided by the fresh fruits and vegetables.
 - b. Fully breastfed infants may receive an \$8 CVB plus 128 ounces (32 4 ounce jars) of infant food fruits and vegetables.
 - c. Some and mostly breastfed infants and fully formula fed infants may receive a \$4 CVB plus 64 ounces (16 4 oz jars) of infant foods fruits and vegetables.
 - d. If the mother or guardian of the infant chooses to continue offering only the infant foods fruits and vegetables, that shall be allowed.
 - e. Appropriate nutrition education shall be provided to the caregiver addressing safe food preparation, storage techniques and feeding practices to make certain participants are meeting the nutritional needs in a safe and effective manner.
 - i. The nutrition education shall be documented in a general or SOAP note or in the NE tab in MOWINS.
4. Refer to the WIC Approved Food List for approved brands and varieties of infant cereal, fruits, vegetables and meats.
5. The CPA must counsel and educate on the signs that indicate developmental readiness for solids, how to introduce complimentary food, how much and how often to feed, signs of a food allergy and proper preparation, sanitization and storage of infant food.
6. Emphasize that the foods are only for the participant to whom the food was issued.

D. Food Package Tailoring:

1. The CPA must evaluate the infant's nutrition assessment at the time of infant follow-up and tailor the food package based on the infant's needs and developmental readiness.
2. The maximum allowance of commercial infant food for a fully breastfeeding infant at six (6) months of age could undermine breastfeeding. The CPA must

complete an assessment and tailor the amount of commercial infant food as necessary for the developmental stage of the infant.

3. When a mother requests more formula than the maximum allowed for the partially breastfeeding infant, the CPA must tailor the infant's food package after careful assessment and counseling to provide the least amount of formula.
4. The CPA shall tailor the food package under the Food Prescription tab in MOWINS and document nutrition education provided by selecting the appropriate topic(s) under the Nutrition Education tab.